

# PASTURE AND PLENTY

DATE: NOVEMBER 30, 2020 | OMNIVORE

## HOORAY, IT'S MONDAY!

Happy almost-December, meal kit friends! Hopefully you're recovered from the Tryptophan-haze of Thanksgiving and are ready to greet a new month. We've got a great recipe line-up this week to usher in December: think thick and rich white bean chili, creamy dal with aromatic basmati, and a bright lemon-dill vinaigrette with caramelized root veggies. Dig in and start your winter season off right!

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**roasted salmon**  
with caramelized root vegetables and  
lemon-dill vinaigrette

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**white bean chicken chili**  
with avocado lime crema and tortilla  
strips

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**dal makhani**  
with basmati rice



## PRODUCER SPOTLIGHT

*We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:*

Bering Bounty  
Fifth Season Co-Op  
Elderbery Hill Farm  
Tortilleria Zepeda  
Winterfell Acres  
Raleigh's Hillside Farm  
Blue Violet Jams & Jellies

## EXTRA GOODNESS

### jam scones

featuring **Spiced Cranberry Jam**  
from **Blue Violet Jams & Jellies**

Ingredients: AP flour, sugar, butter, egg, heavy cream, vanilla, salt, baking powder, Blue Violet Spiced Cranberry Jam.

Contains: Dairy, wheat, egg, cinnamon/ nutmeg.

## WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

## SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

**roasted salmon** with caramelized root vegetables and lemon-dill vinaigrette

PREP & COOK TIME

30  
MINUTES

IN YOUR BAG

Bering Bounty  
Salmon

Root Vegetable  
Medley

Lemon-Dill  
Vinaigrette

Kale

Pair with a silky and food-friendly red, such as the Folk Machine Pinot Noir, or a light and crisp lager, like Working Draft's Le Pils French Pilsner

- 1 Preheat oven to 400°F. Toss root vegetables with olive oil, salt and pepper and place on a baking sheet. Roast until veggies are starting to brown and fork tender, about 10 minutes.
- 2 Heat an oven-safe heavy skillet over high heat. Season the salmon with salt and pepper and add a splash of oil to the skillet. When the oil begins to shimmer, place salmon in the pan, skin-side down. Cover with lid and cook, about 12 to 15 minutes, or until the salmon begins to "crack" at the edges. Remove from heat.
- 3 While vegetables and salmon cook, remove kale from stems and tear leaves into bite sized pieces; place in a bowl.
- 4 When vegetables are done roasting, and while still hot, toss with kale and dress with lemon dill vinaigrette. Divide evenly onto plates and top with salmon. Enjoy!

**Bering Bounty Salmon**

**Root Vegetable Medley:** Butternut squash, gold potato, carrot, red beet, golden beet.

**Lemon-Dill Vinaigrette:** Sunflower oil, champagne vinegar, dijon mustard, lemon, dill, salt, pepper.

**Kale**

*Contains: Fish.*

② READY-TO-EAT

**white bean chicken chili** with avocado lime crema and tortilla strips

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Ladle soup into individual bowls, then top with crema and tortilla strips. Enjoy!

**White Bean Chicken Chili:** White bean, chicken stock, chicken, onion, corn, poblano pepper, red bell pepper, green bell pepper, sweet potato, jalapeño, tomatillo, pepperjack cheese (milk, water, jalapeño peppers, sodium phosphate, salt, cheese culture, lactic acid, sorbic acid, enzymes), cilantro, lime, scallion, spices, salt, pepper.

**Avocado Lime Crema:** Sour cream (cultured milk and cream, whey, corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, carob bean gum, potassium sorbate), avocado, lime, salt, pepper.

**Tortilla Strips:** Corn tortilla (corn, water, salt, lime), canola oil, spices, salt, pepper.

*Contains: Dairy, poultry.*

③ FARM-TO-FREEZER

**dal makhani**  
basmati rice

*See label for ingredients and reheating instructions.*



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

**GET IN TOUCH**

2433 University Avenue  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

**M** 3:30pm-7:30pm **T-F** 11am-7pm  
**SAT** 9am-1pm